

FREE

REGISTER NOW



VITAL AGING 2015

BOOSTING YOUR BRAINPOWER

Wednesday, June 17

8:30 a.m. to 2:30 p.m.

(Registration from 8:00 to 8:30)

To register, visit
www.AISEvents.org
or call Sharp HealthCare at
1-800-82-SHARP
(1-800-827-4277)

Space is limited.
Pre-registration required.

• KEYNOTE SPEAKER •



Dr. Paul Nussbaum, a neuropsychologist at the University of Pittsburgh School of Medicine and an internationally known speaker on brain health, will be a Vital Aging keynote speaker. He is the founder of the Brain Health Center, Inc., and author of "Save Your Brain."

• LOCATIONS •

McMillin Center, Liberty Station

2875 Dewey Road

San Diego, 92106

California Center for the Arts

340 N. Escondido Blvd.

Escondido, 92025

(Keynote speakers will be webcast)

Learn how to improve your memory, mood and general brain health through nutrition, exercise, mental stimulation, social connection and more.

Also Featuring:
Indoor and outdoor activities
Local resources/exhibitors
Healthy Lunch

Receive an update on the County's
Alzheimer's Project.